



MENAI
ORTHODONTICS
BEAUTIFUL CONFIDENT SMILES

Separators Information Sheet

Understanding separators

Separators are small donut shaped rings. Before an appliance is fitted, separators are placed in between the back molar teeth to ensure there is sufficient room for the molar bands. Typically, back molar teeth fit snugly together, which is why the additional spaces need to be created.



What to expect with separators

While separators may cause initial discomfort, this usually passes within a couple of days. We recommend patients rinse with warm salt water to relieve discomfort. Surprisingly, the most relief comes from chewing as this helps teeth feel 'normal' again. Ibuprofen can also be taken for pain relief.

Can I remove the separators?

Definitely do not remove the separators (even if they're annoying)! If separators are removed, the space that's been created will close, leaving insufficient room for the orthodontist to fit the appliance required for subsequent treatment.

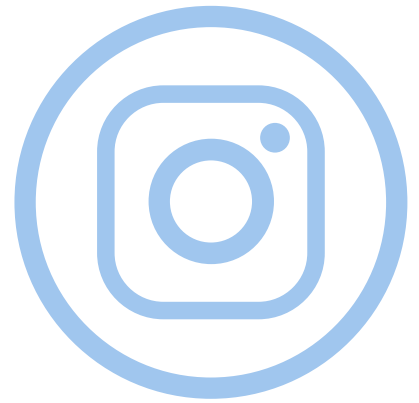
Help! My separators have fallen out. What should I do?

If separators fall out, it's a great indication there is now enough space around the teeth for the molar bands to be fitted. However, if the separators have fallen out because of chewy or sticky foods such as bubble gum, Minties or toffee, it's time to book an appointment with us to replace the separators.

How do I care for my separators?

Separators are not an excuse for not maintaining your regular oral hygiene routine. Brush daily around the area where the separators are located as food debris can build up quickly. Floss daily between all teeth EXCEPT those where separators are placed. Avoid flossing these teeth until the separators have been removed.

For more information regarding separators and appliances, please refer to the Resources section of our website at <https://www.menaiortho.com.au/> or call us on (02) 9543 3680



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